



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09113, Grapefruit, raw, pink and red, California and Arizona

Report Date: June 30, 2017 10:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:49% Refuse Description: Peel, seeds, core, and membrane

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g
Proximates						
Water	g	89.31	6	0.330	205.41	109.85
Energy	kcal	37	--	--	85	46
Energy	kJ	155	--	--	356	191
Protein	g	0.50	--	--	1.15	0.61
Total lipid (fat)	g	0.10	--	--	0.23	0.12
Ash	g	0.40	--	--	0.92	0.49
Carbohydrate, by difference	g	9.69	--	--	22.29	11.92
Minerals						
Calcium, Ca	mg	11	22	0.437	25	14
Iron, Fe	mg	0.08	--	--	0.18	0.10
Magnesium, Mg	mg	9	22	0.229	21	11
Phosphorus, P	mg	12	--	--	28	15
Potassium, K	mg	147	22	2.626	338	181
Sodium, Na	mg	1	9	0.101	2	1
Zinc, Zn	mg	0.07	--	--	0.16	0.09
Copper, Cu	mg	0.032	--	--	0.074	0.039
Manganese, Mn	mg	0.020	--	--	0.046	0.025
Vitamins						
Vitamin C, total ascorbic acid	mg	38.1	22	1.084	87.6	46.9
Thiamin	mg	0.034	22	0.001	0.078	0.042
Riboflavin	mg	0.020	--	--	0.046	0.025

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g
Niacin	mg	0.191	22	0.008	0.439	0.235
Pantothenic acid	mg	0.283	--	--	0.651	0.348
Vitamin B-6	mg	0.042	14	0.004	0.097	0.052
Folate, total	μg	12	22	0.780	28	15
Folic acid	μg	0	--	--	0	0
Folate, food	μg	12	22	0.780	28	15
Folate, DFE	μg	12	--	--	28	15
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	13	--	--	30	16
Retinol	μg	0	--	--	0	0
Vitamin A, IU	IU	259	--	--	596	319
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.014	--	--	0.032	0.017
16:0	g	0.012	--	--	0.028	0.015
18:0	g	0.001	--	--	0.002	0.001
Fatty acids, total monounsaturated	g	0.013	--	--	0.030	0.016
16:1 undifferentiated	g	0.001	--	--	0.002	0.001
18:1 undifferentiated	g	0.012	--	--	0.028	0.015
Fatty acids, total polyunsaturated	g	0.024	--	--	0.055	0.030
18:2 undifferentiated	g	0.019	--	--	0.044	0.023
18:3 undifferentiated	g	0.005	--	--	0.012	0.006
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan ^{1 2}	g	0.005	--	--	0.012	0.006
Threonine ^{1 2}	g	0.009	--	--	0.021	0.011
Isoleucine ^{1 2}	g	0.005	--	--	0.012	0.006
Leucine ^{1 2}	g	0.009	--	--	0.021	0.011
Lysine ^{1 2}	g	0.012	--	--	0.028	0.015
Methionine ^{1 2}	g	0.005	--	--	0.012	0.006
Cystine ^{1 2}	g	0.005	--	--	0.012	0.006

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 123g
Phenylalanine ^{1 2}	g	0.030	--	--	0.069	0.037
Tyrosine ^{1 2}	g	0.005	--	--	0.012	0.006
Valine ^{1 2}	g	0.010	--	--	0.023	0.012
Arginine ^{1 2}	g	0.056	--	--	0.129	0.069
Histidine ^{1 2}	g	0.005	--	--	0.012	0.006
Alanine ^{1 2}	g	0.016	--	--	0.037	0.020
Aspartic acid ^{1 2}	g	0.089	--	--	0.205	0.109
Glutamic acid ^{1 2}	g	0.128	--	--	0.294	0.157
Glycine ^{1 2}	g	0.010	--	--	0.023	0.012
Proline ^{1 2}	g	0.041	--	--	0.094	0.050
Serine ^{1 2}	g	0.018	--	--	0.041	0.022

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD